

Building a Safety Net

Who might be in a support network?

Examples (but certainly not the only answers!)

A – analyst, aunt, alcoholics anonymous
B – brother, boyfriend, bowling team, boss
C – church, co-worker, cousin, caseworker, counselor, classmates
D – doctors, daughter, distant relative
E – educators, extension agent, economic support person
F – friend, family, financial counselor
G – grandparent, god, group, guardian
H – husband, HCE group, hotline
I – instructor, in-laws
J – job counselor
K – kin, knitting club, key leader, kids
L – lawyer, lover
M – minister, mother
N – nurse, neighborhood, network of others with the same problem
O – old friend, other person with same stress
P – priest, PTA group, parent group
Q – quilting class
R – relatives, rabbi
S – sister, step-parent, support group
T – teacher
U – uncle
V – volunteers, volunteering to help others, volunteer organization
W – wife
X- xpert, x- spouse
Y- yourself, your knowledge, your perceptions
Z- Z?